



University of Pittsburgh Cancer Institute

Center for Environmental Oncology

Did You Know?

- ☐ Some plastics (numbers 3, 6 and 7) can leach harmful chemicals into your food and drink.
- ☐ Toddler's toys are often made of unsafe plastics.

Safer Choices

- ☐ Cool foods before placing them in plastic.
- ☐ Never microwave in plastic.
- ☐ Do not use (but do recycle) any container that has started to break down.

Center for Environmental Oncology of UPCI:
Helping to Make *Prevention* the Cure for Cancer
Call: (412) 623-3375 or Visit: www.environmentaloncology.org

Safer Plastics



Polyethylene terephthalate (PET or PETE) soda and cooking oil bottles, peanut butter jars



High density polyethylene (HDPE) milk jugs, detergent bottles



Low density polyethylene (LDPE) food wrap, freezer bags



Polypropylene (PP) baby bottles, thermo mugs

Try to Avoid These



Polyvinyl chloride (V or PVC) some bags, food wrap, bottles, fabrics, toys & shower curtains



Polystyrene (PS) Styrofoam cups, some to-go food containers



Other (usually polycarbonate) rigid clear polycarbonate plastic bottles, some baby bottles, metal food can liners